

# Hearty Beef Stew

## Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 1 1/2 cups (12 oz) boiling water to ingredients or fold / crease & fill pouch to "E-Z Fill Line" 7.
4. Stir thoroughly then seal pouch or cover.
5. Let stand 10-12 minutes; stir again & serve.

**Ingredients:** Pasta, Spiral (Ground durum wheat semolina, water, salt), Beef Diced Cooked Freeze Dried (Beef, Salt), Tomato Powder, Peas, Potato Flakes (Potatoes, Mono and Diglycerides, Sodium Acid Pyrophosphate and Citric Acid), Carrots, White Onion, Soy Flour (Textured Vegetable Protein), Powdered Cooked Beef [Cooked beef and natural flavor (extract of Rosemary)], Potato Starch, White Onion, Celery Stalks, Champignon Mushrooms, Worcestershire Sauce Powder {[Vinegar, Sugar, Salt, Vegetable and Fruit (Onion, Tomato, Apple), Caramel Color, Spice Extract Yeast Extract, Spices, Garlic], Salt, Maltodextrin, Spices, Garlic Powder and Onion}, Paprika, Natural Butter Flavor [Whey Solids, Enzymes Modified Butter, Maltodextrin, Salt, Dehydrated Butter, Guar Gum, Annatto and Turmeric (for color)], Basil, Natural Flavor (Baker's Yeast Extract, Salt), Sea Salt, Garlic Granulated, Black Pepper, Oregano, Rosemary, Parsley.

**Contains:** Milk, Soy, Wheat.

# Nutrition Facts

2 servings per container

Serving size

1/2 package (54g)

	Per Serving		Per Container	
Calories	200		410	
	% Daily Value*		% Daily Value*	
Total Fat	4.5g	6%	9g	12%
Saturated Fat	2g	10%	3.5g	18%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	45mg	15%
Sodium	530mg	23%	1060mg	46%
Total Carbohydrate	29g	11%	57g	21%
Dietary Fiber	3g	11%	5g	18%
Total Sugars	7g		14g	
Includes Added Sugars	0g	0%	0g	0%
Protein	14g		28g	
Vitamin D	3mcg	15%	5mcg	25%
Calcium	109mg	8%	219mg	15%
Iron	3mg	15%	6mg	35%
Potassium	891mg	20%	1783mg	40%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



0g TRANS FAT  
PER SERVING

**AlpineAire Foods** 130 Cyber Ct. Rocklin, CA. 95765  
Contains Bioengineered Food Ingredients  
800.755.6701 info@alpineaire.com www.alpineaire.com  
Like us on FaceFacebook: www.Facebook.com/AlpineAireFoods

